8AM Coffee and Fellowship

Please note: Days and times of various activities are subject to change!

Reminder! All activities in BOLD print are for those participating in the Nutrition Program. If you are interested in finding out more information please see:

Kim Graham, Activities Coordinator

Open Art Studio
Monday-Friday
(8AM-4PM)

Lumpkin County Senior Center 266 Mechanicsville Road Dahlonega, GA 30533 706-864-2358

www.lumpkincounty.gov

	Monday		Tuesday		Wednesday		Thursday		Friday	
Like us on Facebook and help spread the word! Search "Lumpkin County Government"		Tuesday		Square Dance Lessons Sunday Afternoons 2pm-4pm \$5 per lesson Call David R. 706-300-1611		Thursday Reflexology Sessions 30 min\$25 60 min - \$40 Integrated Positional Therapy Sessions \$45 per person		Leathercraft Workshop w/Tom Slavicek Tuesday, February 11th 10:00AM – 4PM \$45 for materials **Sign up by February 7th		
	3		4		5	Che	ck with staff for times	HE SHARE AND SHA	7	
8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards	
9:30	Silver Sneakers- Classic	9:30	Silver Sneakers- Cardio	9:30	S.U. Sand Industri	9.302.000	open billiaras	0.00	Open billions	
9:45		980000000		1 7.00	Silver Sneakers- Classic	9:30	Silver Sneakers- Cardio	8:00	Hand Reflexology	
	Balloon Volleyball	9:45	Sittercise	9:45	Silver Sneakers- Classic Stretch & Flex	9:30 9:45	Silver Sneakers- Cardio Balloon Volleyball	8:00 9:30	Hand Reflexology Silver Sneakers- Classic	
11:30	Balloon Volleyball Lunch	9:45 10:00	Sittercise Jim O'Connor Guitar						ALLEGO AND	
11:30 12:00			11/24	9:45	Stretch & Flex	9:45	Balloon Volleyball	9:30	Silver Sneakers- Classic	
	Lunch	10:00	Jim O'Connor Guitar	9:45 10:00	Stretch & Flex Trivia w/Kim	9:45 10:00	Balloon Volleyball Dollar Tree Shopping	9:30 9:45	Silver Sneakers- Classic Sittercise	
12:00	Lunch Birthday Celebration	10:00 11:30 12:00 12:00	Jim O'Connor Guitar Lunch Enrichment Program Walmart Shopping	9:45 10:00 11:30	Stretch & Flex Trivia w/Kim Lunch	9:45 10:00 11:30	Balloon Volleyball Dollar Tree Shopping Lunch	9:30 9:45 10:00 10:00	Silver Sneakers- Classic Sittercise UNG International Students Blood Pressure Checks w/ Amy	
12:00	Lunch Birthday Celebration	10:00 11:30 12:00	Jim O'Connor Guitar Lunch Enrichment Program	9:45 10:00 11:30 12:00	Stretch & Flex Trivia w/Kim Lunch BINGO w/Square Dancers	9:45 10:00 11:30 12:00	Balloon Volleyball Dollar Tree Shopping Lunch Group Crossword Puzzle	9:30 9:45 10:00 10:00	Silver Sneakers- Classic Sittercise UNG International Students Blood Pressure Checks w/ Amy Lunch	
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FEBRUARY 2020 ACTIVITIES

	10		11		12		13		14
8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards
9:30	Hair Day w/ Vikki	9:30	Silver Sneakers- Cardio	9:30	Silver Sneakers- Classic	9:30	Silver Sneakers- Cardio	9:30	Silver Sneakers- Classic
9:30	Silver Sneakers- Classic	9:45	Sittercise	9:45	Stretch & Flex	9:45	Balloon Volleyball	9:15	Sittercise
10:00	Homestead Hospice Presentation	10:00	Leathercraft w/Tom	10:00	Crafts w/ Holly	9:45	Valentine	10:00	Valentine Day Party
9:45	Balloon Volleyball	11:30	Lunch	11:30	Lunch	11:30	Party at DAL	11:30	Lunch
11:30	Lunch	12:00	Enrichment Program	12:00	BINGO w/ Square Dancers	12:00	Lunch	12:00	Bingo w/Sandra
12:00	Site Council Meeting	12:00	Walmart Shopping	1:00	Party Bridge 2		Group Crossword Puzzle		(X
1:00	Intermediate Bridge	4:00	Yoga		50 Table	4:00	Yoga		
		6:30	Gold Diggers Garden Club			6:00	Golden Stiches Quilting Guild		
		and Constitution							
	17		18	ō	19		20		21
8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards
9:30	Silver Sneakers	9:30	Silver Sneakers- Cardio	8:00	Pancake Breakfast	9:30	Silver Sneakers- Cardio	9:00	Hand Reflexology
9:45	Balloon Volleyball	9:30	Sittercise	9:30	Silver Sneakers- Classic	9:45	Balloon Volleyball	9:30	Silver Sneakers- Classic
10:00	Pet Therapy w/ Sue Ellen	9:45	Wii Bowling Tournament	9:45	Stretch & Flex	10:30	Red Hats Group B	9:45	Sittercise
10:30	Presidents Day Game	10:30	Georgia Legal Services	10:30	Red Hats Group A	11:30	Lunch	10:30	Men's Lunch Out
10:30	Tai Chi for Health	11:30	Lunch	11:30	Lunch	12:00	Group Crossword Puzzle	11:30	Lunch
11:30	Lunch	12:00	Enrichment Program	12:00	BINGO w/Square Dancers	12:00	UNG Health Presentation	12:00	BINGO w/ Rhonda
1:00	Intermediate Bridge	12:00	Walmart Shopping 🚬 🌉	1:00	Party Bridge 1	4:00	Yoga	7:00	Gold Country Squares
		4:00	Yoga						
	24		25		26		27		28
8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards
9:30	Silver Sneakers- Classic	9:30	Silver Sneakers- Cardio	9:30	Silver Sneakers- Classic	9:30	Silver Sneakers- Cardio	9:30	Silver Sneakers-Classic
9:30	Balloon Volleyball	9:30	Sittercise	9:30	Stretch & Flex	9:45	Balloon Volleyball	9:45	Sittercise
9:45	Bingo at DAL	10:00	Mardi Gras Craft	10:00	Wii Bowling Tournament	9:30	Ross Shopping	10:00	Happy Hikers Walk
10:30	Tai Chi for Health	10:00	UNG Health Presentation	10:00	Nutrition Presentation	11:30	Lunch	11:30	Lunch
11:30	Lunch	11:30	Lunch	11:30	Lunch	12:00	Group Crossword Puzzle	12:00	Bingo w/Sandra
1:00	Intermediate Bridge	12:00	Enrichment Program	12:00	BINGO w/ Square Dancers	4:00	Yoga		
				1:00	Party Bridge 2			1	